



TDDN Newsletter

March 2019



Please provide warm and waterproof outdoor clothing (labelled) for your child/ren to wear in the spring months – we do take them out, whatever the weather!



Please could you also make sure that your child has a spare (named) change of clothes and wipes at Nursery, especially if your child is toilet training.
Thank you.

Thank you to all the parents that came to our Meet and Greet Parent Support Group. We were very pleased with the turnout and the parent contribution.

Please come and join us this month, we would love to have a chat and get to know you better.

Parents Meet and Greet Group - 29th March 10.00 am

We hope you have a lovely Holi.

If you celebrate it please come and share your knowledge with our children and team.

MEDICINES

Please **DO NOT LEAVE** in your child's bag. They must be handed into the office. Thank you.

Please drop off and collect your child at the correct times. Early arrivals and late collections will be charged.

Screen Time

The guidance, which is based on research by University College London into screen-based activities and the mental health of children and young people, advises the following to parents:

- Make meal times screen-free.
- Make sure phones are outside the bedroom to ensure good quality sleep.
- Make sure you and your children take a break after a couple of hours of sitting or lying down using a screen.
- Talk openly with children about how and whether photos and information should be shared online.
- Use features on devices to track how much time you and your children spend looking at screens or on social media.



Messages from our Room Leaders:

Please encourage independence at home with your children by letting them put their coat and shoes on by themselves.

Please ensure your children's belongings are labelled.

Please make sure your children are wearing comfortable shoes.

We will only administer Calpol if your child has a temperature.



Fast food

How healthy is it?

Are you getting any nutrition from it?



At Nursery, we are looking to focus on this, can you help?

Please speak to Mr Dave for more information!

Parents evening 1st April 2019. Please ensure you book an appointment with your room's Deputy Manager. We will also have Miss Majeda sharing how to set clear boundaries so please come and have a chat with her she will be in the Cubs room.

We will be reviewing our spring menus, if you have any ideas please speak to Mr Dave in the office.

Mr David's Message

Dear Parents,

Has Spring arrived early? Since our return, following half-term, children have all thoroughly enjoyed many extra play and learning activities in the 'great outdoors'. A lot of fun with visits to St Anne's, refreshing and tidying up the garden, our mud-kitchen activities, plus several park visits which included picnics and playground activities – all in February!

I would wish to again welcome the recent arrivals of several new children as well as their parents. If you should have any questions about the beginning of your 'journey' with us at Training Depot, please ask at our Nursery Office. Thank you.

There is an exciting programme ahead for all our children together with parent events and growing involvement. We have our nursery calendar – copies available from the Office – please ask.

Among many new opportunities, please carefully remember and support the following:

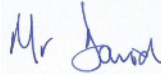
World Book Day (with character dressing up day)

Parent/Family breakfast

Happy Chicks arriving (in incubators) and

Parent's Evening on April 1st.

Please enjoy our Newsletters and do please let us know of ideas we might include which would be helpful and interesting.



PS – We are very pleased to store buggies for parents in our garage, BUT ONLY when parents collapse them. We simply have insufficient room.

March 2019

Dates for your Diary

Active Luton (Dance theme) for Tigers and Cubs

Wednesday 6th March - 2.00 – 3.00pm

Wednesday 13th March - 2.00 – 3.00pm

Wednesday 20th March - 2.00 – 3.00pm

Wednesday 27th March - 2.00 – 3.00pm

World Book Day - 7th March

Holi - 20th - to 21st March

Family Breakfast - 11th March 8:30am

Parents Meet and Greet Group - 29th March


10.00am

Happy Chick Company - 25th March

Butterfly Lifecycle - Date TBC

Library Visit - Wednesday 20st March – 10am

Impact of bottles



At six months old, your child should begin moving off the bottle and on to a free-flow feeder cup. Try to stop using bottles altogether by the age of one, because the teats and spouts encourage children to suck for long periods of time, meaning the drinks that cause tooth decay stay in contact with your child's teeth for a long time. It may also have an impact on your child's speech and language.

We will be completing the end of term trackers and next steps for your children. Please ensure you keep your eyes open for Parent's Evening Meeting!

By mollycoddling our children, we're fuelling mental illness in teenagers!

There is an interesting article in the Guardian! Please follow the link for more information:

<https://www.theguardian.com/commentisfree/2019/jan/10/by-mollycoddling-our-children-were-fuelling-mental-illness-in-teenagers/>

A Smile4Life Initiative

Last year NHS England launched Starting Well: A Smile4Life Initiative. This programme of dental practice-based initiatives aims to improve oral health in children under the age of five years. Luton was chosen as one of 13 high priority areas to be part of the national Starting Well initiative, due to the high levels of dental decay experienced in Luton children. 37.6% of 5 year olds in Luton have dental decay (which is significantly higher than the national average).

Please ensure you take your child to the dentist, for a list of dental practises to refer families to visit <https://www.flyingstartluton.com/parent/additional-services/oral-health/>

Is your child ready for school?

- Embed healthy eating and sleeping routines
- promote independent toileting for the child starting school, always bearing in mind the differing needs of children with SEND
- help their child to communicate, share resources and interact positively with other children and adults
- provide their child with the equipment they need to start school such as school uniform and shoes.

Do you need help and advice with any of the above please speak to Miss Sandhya, Miss Nargis, Miss Shanique, Miss Nafisa.

Top tips for helping your child to be ready for school

- Talk with your child
- Read with your child
- Count with your child
- Play listening games
- Encourage independence skills
- Encourage your child to hang up their coat and tidy away their toys
- Support your child to join in and share toys with other children
- Provide daily physical activity

You are welcome to store buggies in the nursery garage, so long as they are folded up – to ensure there is space for everyone's equipment. We do not have space for: trike's, toy buggies for dollies, or buggies that are not folded up – please take them away with you, if you bring them to nursery. Thank you.

Attendance policy - Our Aims

- To create a culture in which good attendance is a 'normality' and valued.
- To value the individual and be socially and educationally inclusive.
- To ensure the safety and welfare of all our children and their families, including protecting them against radicalisation.
- To be consistent with the implementation of our policy and procedures.

We have our accreditation this month for Family Food First
Wednesday 13th March from 10am to 12.30pm.

- Observe a physical activity
- Reflect on the FFF standards and how we meet them
- Speaking to staff about their knowledge of the FFF standards
- Observing lunch provision

If you have any questions about FFF please speak to Mr Dave.

If you have any suggestions about our menus, please speak to Mr Dave.

Thank you to the parents that have been coming in to cook with our children. The food has been delicious!